

# APRIL 2016

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   |  |   | 1  |
| NORTH SIOUX CITY<br>DAKOTA SENIOR MEALS<br>CALL 232-0808<br>TO RESERVE A MEAL                                  |   | Popcorn, a whole grain,<br>can be a healthy snack<br>with little or no added<br>salt and butter. |   | Tomato Soup, Grilled<br>Cheese Sandwich, Carrifruit<br>Salad, Strawberries<br>w/whipped topping<br>CM82B - S11 |
| 4  | 5   | 6  | 7   | 8  |
| Chef Salad w/Turkey,<br>Cheese, Egg, Tomato,<br>Peaches, Oatmeal Blueberry<br>Muffin<br>A11                    | Cheeseburger, Potato<br>Salad, Baked Beans, Fresh<br>Strawberries<br>Cook's Choice                                | Chicken Stew served over<br>Biscuit, Tossed Salad,<br>Orange<br>CM67B - S41                      | Liver & Onions, Mashed<br>Potatoes, Broccoli, Baby<br>Carrots, Waldorf Salad,<br>Orange<br>4-2 - L01      | Chicken Shepard's Pie,<br>Green Beans, Carrots, Jello<br>w/Fruit<br>24-3 - CH34                                |
| 11   | 12  | BIRTHDAY DINNER13  | 14  | 15   |
| Goulash, Fruity Slaw,<br>Banana, Cookie<br>20-2 - HG2  | Baked Ham, Parslied<br>Potatoes, Peas, Cooked<br>Apples, Orange<br>CM62A - P3                                     | Beef Stew, WW Dinner Roll,<br>Pineapple Tidbits,<br>Cranberry Juice Cocktail<br>B1               | Taco Casserole, Green<br>Beans, Tossed Salad,<br>Applesauce<br>C11  | Breaded Baked Fish,<br>Company Potatoes, Peas,<br>Tossed Salad, Jello<br>w/mandarin oranges<br>CM76A - F2      |
| 18   | 19  | 20   | 21  | 22   |
| Lasagna, Tossed Salad,<br>Mixed Fruit, French Bread<br>AA7   | Baked Pork Chop w/onion<br>& herbs, Baked Potato,<br>Broccoli Corn Bake, Spinach<br>Salad, Peaches<br>CM48C - P22 | Meatloaf, Baked Potato,<br>Creamed Peas, Pineapple<br>Tidbits<br>B10                             | Mac & Cheese w/Chicken,<br>Peas, Fruit Crisp<br>w/topping, V8 Juice<br>CM69D - CH39                       | Polish Sausage, Pasta<br>Salad, Corn, Pineapple  |
| 25   | 26  | 27   | 28  | 29   |
| Roast Pork, Mashed<br>Potatoes & Gravy, Corn<br>O'Brian, Crunchy Cranberry<br>Salad on Shredded Lettuce<br>C22 | Salisbury Steak w/gravy,<br>Baked Potato, California<br>Veggies, OJ, Plums<br>20-1A, 18-2 - S1                    | Sweet & Sour Pork, Oven<br>Baked Brown Rice, Steamed<br>Broccoli, Apricots<br>D19                | Hot Beef Sandwich, Mashed<br>Potatoes & Gravy, Corn<br>Broccoli Bake, Peaches,<br>Vanilla Ice Cream<br>C4 | Mexican Chicken Soup,<br>Fruity Slaw, Crackers, Fruit<br>Crisp<br>CM31   |

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.